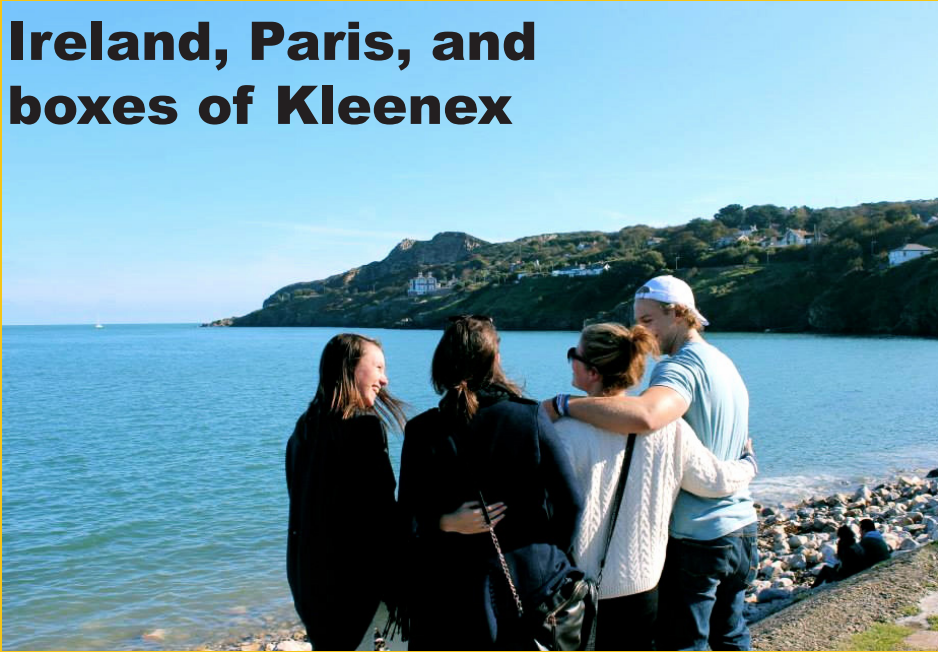




**IN THIS  
ISSUE  
OF  
LAMBDA**

**Ireland, Paris, and  
boxes of Kleenex**



**VanGaaen does it  
again**



**New cafe opens**



**The President  
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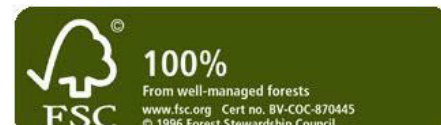
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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association/Association Generale des Etudiantes, yet remains autonomous from all university organizations, both student and administrative.



# Editorial: Vote for your home



It's been a long standing tradition among editors of the Lambda to shy away from covering anything not directly related to Laurentian University: namely, Sudbury politics and elections. This has seemed fitting: with 12 wards and council positions, and an average of five councilors running for each section this year (not to mention school board trustee positions) there are too many events and topics for Lambda to un-biasedly and responsibly cover. However, this month I saw a need

to make a change. Although the Lambda will continue to remain primarily concerned with LU politics, I'd like to extend this veil to briefly cover Sudbury politics, namely, the mayoral elections. From Brian Bigger, who took a leave as the city's auditor general to run for the position, to John Rodriguez, who had been mayor in the past, the ten mayoral candidates were diverse. Major topics this year included student loans, Sudbury taxes, Sudbury transit, and the possible de-regulation over store hours (think: being able to get dinner after 11 p.m. in downtown Sudbury). Whether you are here at LU, and in Sudbury, for one more year or four more years, or perhaps are even planning on making the permanent move to Sudbury, the

mayoral elections matter. Although at the time this issue was going to the printers we did not know the results of the election, we know that voting took place on Monday, Oct. 27. We also know that, as students, we had a chance to directly impact the future of this city,

and lend our voices, however minuscule, to Sudbury politics. For however long, Sudbury is our home, and I hope students took the initiative to research the candidates, attend the debates, and vote.

Kayla Perry,  
Editor-In-Chief

## Letter to the Editor

I am writing this (letter) to explain my frustration with Aramark and the services it provides to students at Laurentian University. I have consecutive classes on certain days of the week so I cannot go to the Tim Horton's and Subway locations on campus because of the ridiculously long lines, meaning the only place I can realistically go to and grab something to eat is the Toppers pizza on campus. Today, however, when I went to Toppers there was no pizza on display and I was told that it was going to be a 10 minute wait for the new ones to come out the oven – that was 10 minutes I could not afford and I had to leave. I'm frustrated with the poor quality of services provided by

Aramark and its complete failure to recognize and solve these issues. Students should not have to wait in ridiculous lines to get something to eat or drink. At Tim Horton's after placing an order the wait is sometimes five minutes long after already waiting 20 minutes in line. Why should we have to spend insane amounts of time waiting in line? There are busier Subway and Tim Hourton locations outside of Laurentian University and their wait times are nowhere close to as long as ours. Aramark needs to seriously streamline its services and start taking student needs into consideration because this has been going on for too long.

Sincerely,  
Shyam Shukla

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# News / C-Store open for business



**Oliver Wilmot,  
For The Lambda**

Student Street re-opened on Oct. 17, giving students living in East and UC residences direct passage to West residence. A few days after (Oct. 20) the Convenience Store, more commonly known as the C-Store, and Extreme Pita Express were also opened.

Student Street is home to study rooms, laundry rooms, counselling services, food services and an exercise room. For the time being not all of these rooms are opened due to renovations being conducted by construction crews; but students do have access to the laundry room, multiple study rooms, the counselling services, the C-Store and Extreme Pita Express, which are both operated by Aramark. They are located in the middle of Student Street and are open from 8 a.m. to midnight from Monday to Sunday. The C-Store has items such as chips, cookies, cereal, gum, candy and even laundry detergent.

The Extreme Pita Express, which is located in the same area, sells hamburgers, chicken burgers, chicken fingers, onion rings and poutine. On the exterior of the Extreme Pita there is an assortment of chairs and tables where customers can consume their meal.

When asked her opinion of the student street, Amanda Smith, a second year concurrent



education student, said it's "so much nicer not having to walk outside." Sydney Emanuel, a second year Zoology student, also commented that "it's nice having places that are open till midnight, so we have somewhere to eat because everything else is closed. The food's good here. I think it's great... They should have had it opened the entire time not now." Morad Filali one of the staff members at the C-Store said "students love it because it's handy. It is on residence and it's close to them and they like the staff because they're students and friends, we are friends. That's what I think: 'that's the C-Store, me and my friend.' (The students) call us C-Store guys."

**owilmot@laurentian.ca**



The re-opened C-Store. Photos by Zara Golafshani



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# New cafe provides fresh items for less



Chef Young prepares the feature of the day, pesto gnocchi (pictured above). Photos by Zara Golfashani.



## Oliver Wilmot, For The Lambda

A new food service has opened in the Ludger and Amanda

Michel University Commons in the University of Subdury: the Morningstar Cafe. From 8 a.m to 3 p.m., customers can purchase a coffee, pizza, salad, soup, or daily feature item. The menu for the Morningstar Cafe is changed weekly, and is comprised of a selection of fresh Ontario produce and meats. Everyday there are two soups, along with beef chili. In the morning the Cafe typically serves muffins, omelettes, pastries, biscuit sandwiches and Seattle's Best coffee. In the afternoon usually variations on


chili are served. Chef and Manager, Craig Young, said "we try to be fresh and relevant. If we try something out and it's a hit we'll do it again. If we try something out and people don't show a lot of interest we wait a while before trying it out again." All of the items on the menu are priced between five and eight dollars. The menu does feature barbequed items whenever the

weather permits, with a total of three barbeques so far. The staff are willing to continue to offer barbeque in the winter granted it isn't snowing. The secretary of the University of Sudbury, Linda Boileau, commented "I find that the Morningstar cafe has very good food and the prices are really reasonable. You can come in for coffee." Emily Cunningham, a student in her fourth year of the Sports and Physical Education program, also enjoys the cafe. "I like the coffee there, sometimes they have special



flavours like hazelnut or vanilla. It's a nice treat," she said. The Morningstar Cafe is a venture of the Morningstar Hospitality Inc. The headquarters are located on the Chippewas of Rama First Nation. The cafe was created by Aboriginal Entrepreneur Chris Trainor and Premier Canadian Foodservice Company Dana

Hospitality Inc. The company offers food and support to Canada's Corporate, Government and Education sectors. Updates on the Cafe can be found at the Morningstar Hospitality Inc. University of Sudbury Page on Facebook. **owilmot@laurentian.ca**



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# ENT / VanGaaalen does it again

**Tina Siegel,  
For The Lambda**

If you're one of the few people who, like me, still buy CDs, then the artwork on Chad VaanGalen's latest release might give you pause. It features a rose-coloured, dread-locked alien giving birth to (what appear to be) increasingly small human females, like some sort of nightmarish Russian nesting doll. It's beautiful. It's baffling. I don't know if I hate it or love it. Similarly, the tracks on Shrink Dust are both hypnotic and hypnotizing. VanGaaalen uses a lot of hand-crafted instruments (a two-person thumb piano and a portable harp, for instance) to create an earthy, cosmic sound that feels oddly comfortable. You can sink into it and stay awhile. VanGaaalen revels in this soundscape, and who can blame him? It's a rich, varied place. His DIY instincts allow him to layer

ambient sound over instruments over vocals, providing a soft, trippy frame for the simple clarity of his voice. Now, I listen to lyrics. In fact, I generally need them to enjoy music. But, in Shrink Dust, VanGaaalen's vocals work with the music instead of over it. And once I stopped straining to make out individual words, I appreciated the seamlessness of it all. Beneath that smooth, flowing vibe beats a bizarre heart. I can't quite put my finger on it - perhaps it's the CD artwork that sets the tone for the entire album, or maybe it's the cryptic snatches of lyric we're allowed to overhear sometimes. Maybe it's as simple as the loose, spacey vibe that permeates every track. But Shrink Dust is not your typical, straight-forward indie rock. It's not your typical anything. And it's good.

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Chad VanGaaalen. Photos by Marc Rimmer.



# ENT / Fashion Focus: Fall, done right



**Daniel Melchior,  
For The Lambda**

If you haven't noticed yet, fall has arrived. To many, this season is represented by the colouring and falling of leaves, thanksgiving/turkey celebrations, and pumpkin spiced lattes. However, to this fashion column, there are more important things are happening.

With cold weather comes, new boots, statement jackets and of course, the start of sweater weather! (Please note when we say new boots, we do not mean Ugg boots. Please... don't!) This issue will be your guide to successfully tackle autumn season. There are three components to this task. The first is to find yourself a reliable pair of boots, whether they are army inspired or classic riding boots – make sure they are well made, good leather (or amazing pleather), a solid sole, and make sure to waterproof them. Remember we live in chilly Northern Ontario, and when the snow “hits” it will stay and you will want a reliable pair of boots

to last you. Your second task: a statement jacket. It can be stripes, a memorable pattern, or best of all a bold colour (try a dark berry shade)! Classic trenches are always a safe bet with a fall/winter jacket; however, why not find a modern cropped jacket? Finally, your third task, if you choose to accept it, is simply sweaters. Yes, that's right; I just created a new verb (To sweater – the act of compiling a vast collection of sweaters). Mix it up, horde sweaters from designers, department stores, and the V (a.k.a Value Village); or be wild: raid your parents closets! There it is. Your mission. Good luck. Fall style can be tricky at times, but it is the biggest reward.

And I hope to see those rewards, walking confidently around campus.

**Name:** Jenna Noel  
**Year:** 5th Year  
**Program:** Modern Languages (Con. Italian)  
**What are you wearing?** Striped Wrap coat from Boathouse; pleather leggings from Dynamite; brown heel booties from Call It Spring!  
**What is a must have item that everyone needs in their wardrobe?** I know it's obvious, but I'd have to say shoes. They're my favorite accessory!  
**Any style tips?** Wear what makes you comfortable and happy! Don't let people dictate what you wear. Be yourself!  
**Do you have a style mentor/icon?** The mannequins in stores!  
**FASHION CALLOUT!** Krista Infanti!

**Name:** Alana Mastroianni  
**Year:** 3rd Year  
**Program:** French, Modern Languages, Education  
**What are you wearing?** Black pants, a simple grey t-shirt, a maroon infinity scarf and a jacket.  
**What is a must have item that everyone needs in their wardrobe?** A jean jacket! It can go with anything! Dress it up or keep it casual, plus it's comfortable.  
**Any style tips?** Always add a splash of colour. Whether its jewelry, shoes or a scarf, it makes your presence happy.  
**Do you have a style mentor/icon?** Lately I've been obsessed with Pinterest. It makes you think of different ways you can wear something that's already in your closet.  
**FASHION CALLOUT!** Dominica Frometa!



# Travel / Travelling on a shoestring

## Jesse Smith, For The Lambda

*Jesse Smith is a third year Geography student here at LU. When he is not studying, he likes to pursue his passive interests in hitchhiking, learning Spanish, pretending he can cook, and most important of all: travelling far and wide. He has a special interest in pushing cheap travel budgets to the extreme - otherwise he would never be able leave Sudbury! This article is the first of segment of articles, developed to provide university students like you insight on how-to travel on a university budget.*

Planning to take a trip abroad can be a very intimidating task for a university student, filled to the brim with anxiety thanks to the usual suspects: we're up against a wall of student loans, work, and maintaining a social life, and it never seems to look too good for us in terms of disposable income. There's so much to even consider before all is said and done and a budget is necessary on even the most basic level; airfare, ground transportation, accommodation, dining, souvenirs, activities, travel insurance... There are so many components that all have to line up properly.

Fortunately, it's not all gloom and doom if you're dreaming of exploring the world.

I believe that you can travel on pretty close to an average student cost-of-living.

I've travelled abroad every 4-5 months for years now, and I have no intent on stopping any time soon.

My adventures so far have taken me all over the world, from India to Nicaragua to Germany,

sometimes for periods of several months at a time.

I travel without special circumstances – I work 15 hours a week at near minimum wage, I receive OSAP to study, and I live at home in a single parent household.

In my experience, affordable travel boils down to a strong awareness of the available resources around you.

Airfare is probably the single most expensive aspect of travel, and what stops people from going forward with their dream trips.

I like to treat airfare as the most important factor to eliminate before I hit the road.

For starters, timing is everything: travelling at off-peak seasons will save you incredible amounts on airfare.

If you want to visit Europe, book one and a half to two months before you leave, and travel in the winter or spring rather than summer, when fares are as much

as 40-50% cheaper. The weather may be less comfortable, but popular cities are void of tourists and businesses drop rates on most everything.

Likewise, visit Asia or Latin America when you finish school in the late spring or summer.

You will find all the best-cost benefits flying during off-seasons.

Play around with different dates and airports on as many different airline web sites and aggregate search engines as you can possibly fathom. The more time you spend looking, the better the fares you're going to find. Never just buy the first ticket you can digest the cost of.

What's more is that in Canada, high airport and airspace taxes skew our perception of how much flights should cost, but elsewhere flying may easily be cheaper than bus or train travel.

Europe is a dream for competitive and cheap airlines such as Easyjet or Ryanair. You can fly

hundreds of kilometers intercity for around \$30 if you book in advance. You can also use this an advantage to get in to Europe from Canada.

For example, if you're trying to get a flight from Toronto to Berlin, Germany, using search engines like Kayak or Hipmunk may find you a fare one way of something like \$600.

However, you might also find a fare from Toronto to Lisbon, Portugal, at the Western fringes of Europe, for something like \$300.

By flying in to Lisbon and hopping on a cheap flight to Berlin through a low-cost carrier you may easily save a few hundred dollars.

Thinking creatively is the key to you getting around on the cheap.

**lambda@laurentian.ca**





# Ireland, Paris, and boxes of Kleenex



## Taylor Squires, For The Lambda

I once read an article online that talked about not knowing how to count your blessings. Despite being filled with mawkish lines about appreciation and gratitude, the basis of it all struck me pretty hard.

As I read and scrolled through each paragraph, I couldn't help but reflect upon all of the amazing opportunities that I've

experienced over the course of my life and how in those particular moments, I did not cherish them as much as I should have.

I read that article before leaving for Sweden so as you can probably guess, while sitting at the airport, I vowed to appreciate absolutely everything for the next six months.

Every trip, assignment, meal, rainy day, even every vendor trying to sell me a fake Louis Vuitton wallet.



And since everything I do is often drenched in dramatics, I made sure to take out a pen and validate my promise by writing it down on the back of a napkin. Very official, I know.

It has now been three months since that day at the airport and there is absolutely no doubt in my mind that I broke my promise on multiple occasions.

Last week I took a trip to Ireland and then flew into Paris for a few days before coming back to Sweden.

Overall, the trip was incredible. Both places were exactly how I pictured them in my mind and I truly felt as though I saw the best of what each region had to offer. However, towards the end of Ireland, I developed a cold.

My head, sinuses, and throat were all working against me and there was no way I was appreciating that regardless of what I wrote on a napkin three months earlier. My cold got progressively worse the moment I landed in Paris.

I was extremely irritable and found myself lacking interest in what I was seeing. For example, I took a nap under the Eiffel tower as oppose to actually climbing up

it (I really wish I could tell you that I'm kidding but unfortunately, I am not.)

On the flight home, I couldn't help but feel a deep sense of regret. I thought about all of the people who would have enjoyed every last ounce of Paris whereas I moped around the Arc de Triomphe with a box of Kleenex in each hand.

It wasn't until I got home and looked through all of my pictures that I came to the realization that travelling isn't always about being overjoyed and appreciative at every given moment.

It's about taking the good with the bad. It's about experiencing exotics places with whatever state of mind you might be in.

I might have not cherished Paris as much as I should have in that exact moment but if you were to ask me about my trip, I wouldn't tell you about the amount of times I blew my nose, I would tell you that it was absolutely incredible.

**lambda@laurentian.ca**



# The President Series:



**Kayla Perry,  
Editor-in-Chief**

This Q and A will be the first of four segments in the President Series. For each issue, I'll be sitting down with a president from each of the federated universities, discussing what makes each of the universities unique: we'll be discussing everything from programs to faculty to the residences offered.

My first interview is with Pierre Zundel, the President and Vice Chancellor of the University of Sudbury.

The segment will end with a Q and A with Laurentian University President and Vice-Chancellor Dominic Giroux. Stay tuned!

**Q: What sets the University of Sudbury aside from the other federated universities and Laurentian University?**

**A:** The main things I think the (students) would recognize very quickly about the University of Sudbury is that we're the only one that has a French program. We were originally a French university, which became the University of Sudbury back in the fifties. That's one thing. The other is a very strong culture on aboriginal culture and aboriginal programming – we have our indigenous studies program here. Any time you're in the building, there is always something going on related to the aboriginal culture. We're also a Jesuit institution – basically the Jesuit's have run universities all over the world for a very long time, so we have a very high academic standard and we provide a lot of support for students.

**Q: Which programs are based out of the University of Sudbury?**

**A:** There are five programs. I've already mentioned the Indigenous Studies, which

is our biggest program and is a great compliment for anyone who is studying anything where you'll come in contact with aboriginal people. Philosophy is another one of our traditional programs, and we offer it in both English and in French. Then there's Folklore, a French program that deals with tradition and medicine, and French Journalism program, a really cool program where students post things online and cover Sudbury news. We have Religious Studies as well, which is our oldest program, and really helpful for people who are going to be working in multi-cultural professions such as social work.

**Q: Why would you encourage students to study in this university?**

**A:** Some of the things that are particularly good about the university is that are classes tend to be modest in size, so if a student is looking for help from a professor it's not hard to get time with them. Our faculty members really care about the students, and they're very committed to student learning. That's one of the major reasons. The other thing is that Laurentian is a very professional university; the University of Sudbury offers courses on the humanities. It's not a focus on getting a job, but living a thoughtful life.

**Q: As a building, what does the University of Sudbury uniquely offer?**

**A:** Well, we've got all kinds of things. Lots of students don't realize we have a library, which is a really great place to study. The library staff are also great at helping students find resources online and in print, so that's a great feature. We have our new caf in the commons, with a great food service. There are also lots of study rooms students can book through the library. And there's not just the building: we also have the Peace Garden, located on the hill behind the university. It's a lovely place to walk, and there are benches with a mind-blowing view of the city.



Pierre Zundel in the University of Sudbury lounge. Photo by Zara Golafshani



# Pierre Zundel

**Q: Are there any restrictions for students who can be accepted into the University of Sudbury residence?**

**A:** No, no – in fact I think 85% of our students are taking other programs than the ones we offer in the University. There's no set criterion, we only look for a balance of first year and upper year students. There aren't any cultural or language barriers, although we do have an opportunity for students who want to live in a French speaking setting to do so.

**Q: In your opinion, what sets this residence apart from the other federated university residences or LU residences?**

**A:** On campus, one of the thing that separates this residence is that we've set it up to maximize the contact between people. We think there's a really important social element that happens in residence, so that social contact is really important. One of the things we do is that we have cooking and eating facilities, so students can make their own food and eat together. We also offer courses on how to prepare healthy food and cooking courses, which are actually taught by the owner of Morning Star, the food provider in the lounge. There are activities designed just to get people to know each other.

**Q: Can you pick one word that describes the University of Sudbury?**

**A:** That's always hard... I think probably service would be the one I connect with, in the sense that the university was created in the beginning because there were a lot of francophone students who needed to study, but there was no place to send them. A lot of what we do is focused around serving people with specific needs – its one of the things a Jesuit university does, going where no one has ever gone before. We have teaching programs on Manitoulin Island, reaching into the aboriginal peoples. That service of going where others don't go is a

part of the University of Sudbury.

**Q: What piece of advice can you offer students who are dealing with mid-term stress?**

**A:** I have two pieces: the first one is sleep and exercise. Everyone wants to try and pull all nighters, but generally that doesn't help. Attend to your body, because your brain lives in it. The other bit is that many of our students, particularly the first years, were strong students in high school, and never needed any help. Then, they come to university and begin to struggle, maybe for the first times in their lives, with the academic concepts or the workload, and they either don't know or are embarrassed to ask for help. My second piece of advice is to ask for help, from your professors, ask for help from the senior students, and ask for help from your friends. There are lots of resources, and there's no need to struggle alone.

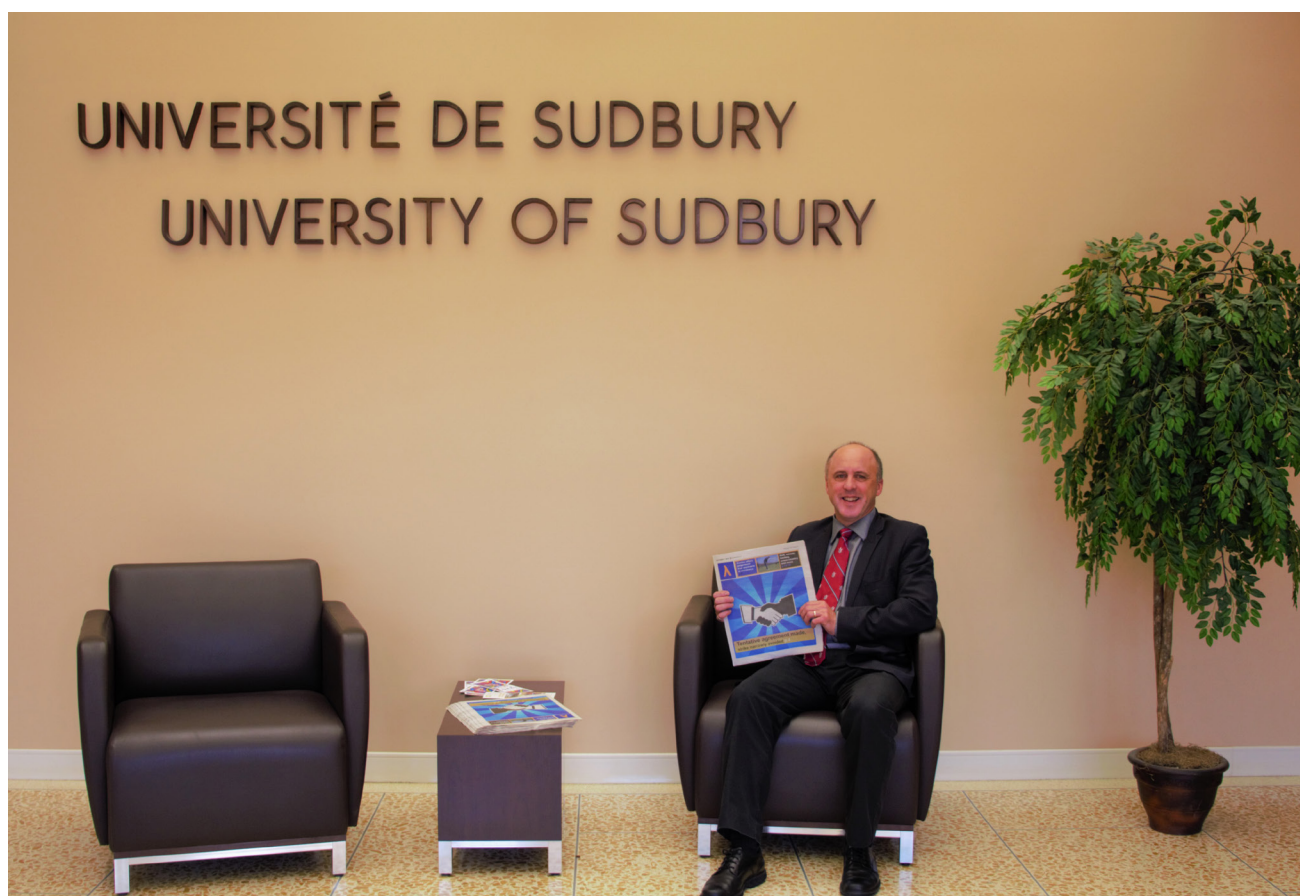
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Pierre Zundel in the University of Sudbury lounge. Photo by Zara Golafshani





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# Sports / Women's basketball team to give rookies 'a shot' - Hurley



**Gabriel Rodrigues,  
Assistant Editor**

As the 2014-15 women's basketball season quickly approaches, Laurentian's coach will look to some of his veterans to lead his team throughout the upcoming OUA campaign.

"We should be better than last year," said Jason Hurley. "We have changed our style of play, and as long as our rebounding and defense keeps improving, we should have more wins and make the playoffs."

Last year, the Voyageurs finished with a 4-18 record and missed out on the postseason for the fourth-year in a row.

Hurley, who's in his second-year as Laurentian's head coach, said although his team failed to make the playoffs, he believes transitioning from a different system is "never easy."

"We need to keep stressing what

we are doing here," he said. "It will not improve in one, two or three years because this is a big learning curve to change coaches and the culture. It is year two of the change, and there's veterans stepping up and first-year girls playing big minutes and contributing."

The Voyageurs have currently 19 players on the roster with nine returning and ten being new additions to Laurentian's lineup, and according to Hurley, there's a lot that has changed other than new faces to his squad.

"We are far more wide open," he said. "We will be more guard

oriented with more ball movement, and more read and react. We want to run and gun when we have an advantage, but we need the right attitude, and that starts with thinking that we will and can win."

Some returning players Hurley will be looking at to lead by example on and off the court are fourth-year players Danielle Harris, Adrienne Moreau and Devenae Bryce.

Even though the returning players will be key to the Voyageurs' success, Hurley said it doesn't mean there isn't room for the first-year players to lead and contribute.

"Some of them have already played quite a bit," he said. "It's up to the returning girls to be the leaders to step up and perform, because we do have talented rookies that will get a shot."

Hurley said it is hard to judge exactly where Laurentian will finish this season, but is certain if his players play to their potential, they will be a tough team to compete against.

"It will be a progression," he said. "If we go out and work hard, play our game and each individual does what they can do at the CIS level than we will have a shot. We will try and win every game, but right now we need the right attitude."

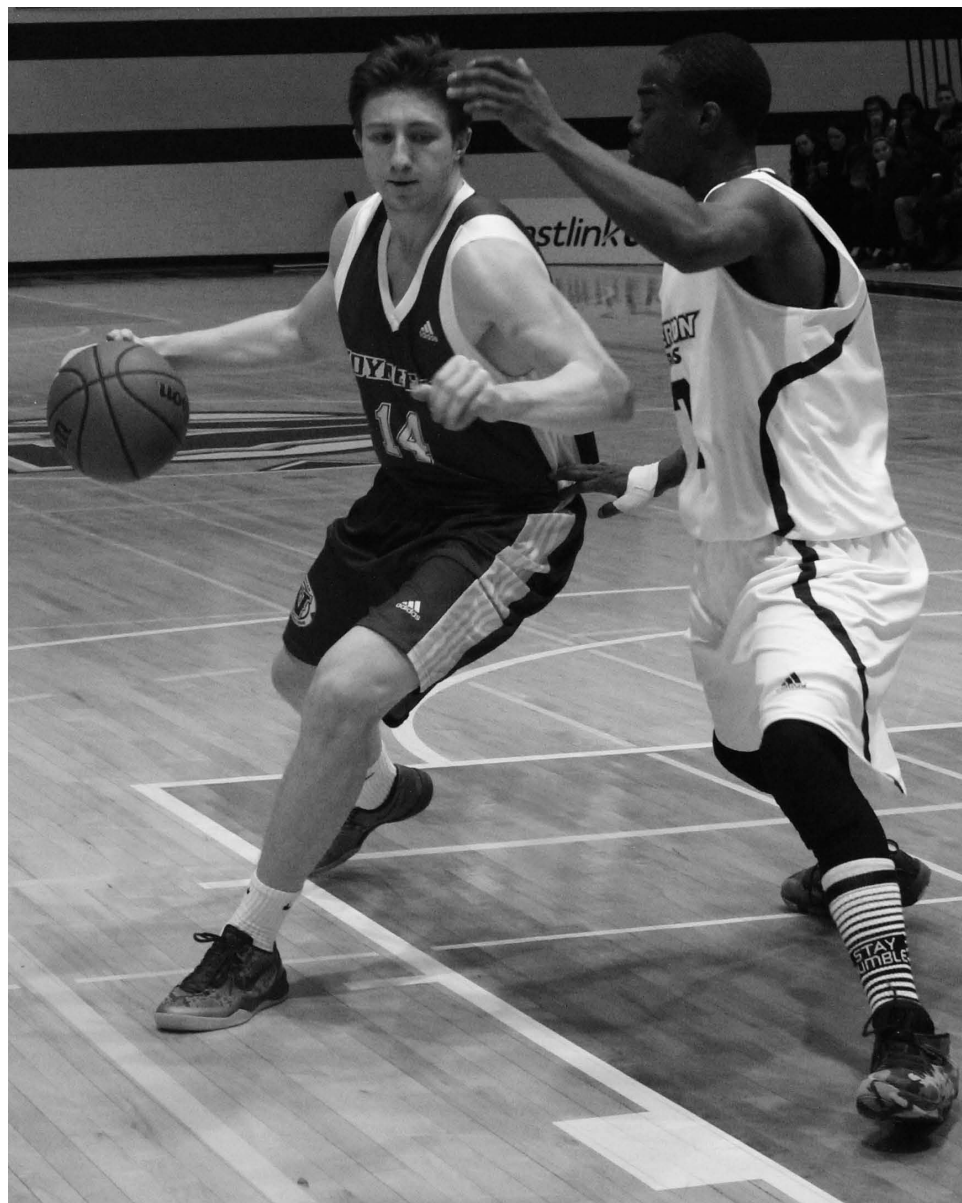
Laurentian's first stretch of weekend home games will be on Nov. 14 and 15 when they host the Ottawa Gee-Gees and Carleton Ravens with both games beginning at 6:00 p.m. at the Ben F. Avery Gymnasium.

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Devenae Bryce plays against Ryerson last season. Picture by Gabriel Rodrigues

# Lost players tough to replace - Swords



Ryan Bennett against Ryerson last season. Photo by Gabriel Rodrigues



**Gabriel Rodrigues,  
Assistant Editor**

Despite the new faces within the Laurentian men's basketball teams' lineup, their coach isn't worried, as his expectations for the upcoming OUA season are simple: "get better with every day."

"Each year, we lose major pieces," said Shawn Swords. "And each year, someone has to step up. We do have younger guys but we are bigger than other years. Hopefully we will be a lot better defensively, but right now, we need to focus on outworking our opponent and improving as the season moves forward."

Last year, the Voyageurs started the season 6-0, eventually finishing with a record of 12-10.

However, Laurentian's campaign was cut short in the OUA East semifinals by the hands of the eventual CIS champions, the Carleton Ravens.

With the loss of graduating play-

ers Alex Ratte and Josh Budd, who averaged 24.5 and 12.7 points per game, the Voyageurs will need to find some new players to fill the void, and according to Swords, "it will be tough to replace."

"Those two guys created so much," he said. "But, now it's another year where guys are growing in confidence. They've worked hard in the summer, and we need them to step up and make shots in tough stretches of a game."

A Voyageur to look out for this year will be fourth-year player and team captain Tychon Carter-Newman, who averaged 11.6 points and 5.5 rebounds per game last season.

Returning players Ryan Bennett, who scored 7.1 points per game, and David Aromolaran, who averaged 5.3 points per game, will be asked to fill in some of those roles left behind by Ratte and Budd.

This season, the OUA has changed its format, as the league has moved from two conferences (East and West) to four separate divisions that include the Central, East, West, and North.

The Voyageurs will be competing within the North division which includes Carleton, Ottawa and Nipissing.

Although it is still early for Swords to estimate where his team will finish, he's certain Carleton and Ottawa will continue to be powerhouses within their division and league in general.

In order to stay competitive against some of the leagues' best like the Ravens and Gee-Gees, Swords said his team needs to stay "level headed throughout tough and intense situations."

"They are two of the best teams in Canada," said Swords. "It's always a good test for us because

they both have so many different weapons that can shoot. We have to take as much as we can because they won't give it to you. Playing them is always tough, but it always shows us how much we need to work on and determines how well we sit."

Carter-Newman said he expects his team to have more depth than last year, and to compete within the OUA, the Voyageurs will not only need to be physical but mentally strong.

"When it comes down to it, this game is all about mental toughness," he said. "Carleton and Ottawa are just players, so if we stay mentally tough in games, we will be able to compete with some of the best."

To catch some live OUA basketball, the Voyageurs' first stretch of weekend home games will be Nov. 14-15 when they host, last years' OUA champions, the Ottawa Gee-Gees and CIS champions, the Carleton Ravens with both games beginning at 8:00 p.m. at the Ben F. Avery Gymnasium.

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## VOYAGEURS NOVEMBER SCHEDULE

**FRI. 7 AT ALGOMA**

**FRI. 14 OTTAWA**

**SAT. 15 CARLETON**

**FRI. 21 AT RYERSON**

**SAT. 22 AT TORONTO**

**FRI. 28 GUELPH**

**SAT. 29 LAKEHEAD**



# Wrestlers hope for top five finish

**Anthony Crozzoli,  
For The Lambda**

The Laurentian wrestling program is roaring up in its fourth year as an OUA official team and is showing promise and determination. With a full complement of athletes for the first time and large increase in numbers, the team hopes to continue their growth and to mature into a solid program, after growing from a single athlete to a team of 22. The evolution is obvious and a great sign for the growth of the sport of wrestling in Sudbury,

as Laurentian is the only local representative in the collegiate/university division. Laurentian's team is an opportunity for those athletes who competed at the highschool and club level and are ready to make the jump to the amateur ranks. Coached by Andy Lalonde and Celeste Rodrigues, the foundation for success is definitely present. Lalonde has competed at a high level born and raised in Sudbury, and is multiple time national champion. Lalonde has high hopes for both the men and women's team this

season. "We've yet to crack the top five, and I think our women's team is capable of a top five finish (this year)," said Lalonde. As for the men's team, Lalonde is looking to send half a dozen competitors to the CIS championship. Celeste is the assistant coach and team manager, as well as an accomplished wrestler in her own right with a championship pedigree to match, being a former Brock university athlete and medalist in national and international competition as well as a member of the national team.

Celeste hopes to reach the Olympic level, and is currently competing as an independent athlete through the Sudbury regional wrestling club. With such experienced coaching staff at the helm the Voyageurs are looking to build on past success and set a foundation for the future. The squad has a strong rookie presence, with a few returning veterans including Dylan Galloway in his final year as well Dylan Burns who has experienced success in the previous seasons. Regina Martinez who has provincial level experience will certainly bring high expectations for the ladies side of the team, as well as Emily Morgan and Tory Day who have club experience as well Krista Ladaire who also has provincial pedigree. Although many of the teams' competitions are out of town, LU students can catch the wrestling teams when they host the OUA's on Feb. 14 in the Ben Avery. For more information on the wrestling teams, visit [laurentian.ca/voyageurs/wrestling](http://laurentian.ca/voyageurs/wrestling).

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Celeste Contant-Rodrigues scrimmaging with LU wrestler Samantha Demers. Pictures by Gabriel Rodrigues

# 'Panic soccer' responsible for loss



**Anthony Crozzoli,  
For The Lambda**

The Laurentian Voyageur's men's soccer team experienced the highs and lows of an OUA team this year, closing the season with a total of four victories, nine defeats and three draws.

"We struggled scoring goals this season and that to me is the main reason we did not finish in the playoffs. In the last few games you could tell our inexperience was affecting us," said Head

Coach Carlo Castrechino. "We were playing panic soccer and the results showed. We will learn from this for the future."

Their first game of the year resulted in a 5-2 loss to The Toronto Varsity Blues, at the Varsity Centre.

This would be the first of four straight games on the road for the Voyageurs, with following losses to the Ryerson Rams (1-0), Queens (2-1), RMC (1-0), and a draw against Nipissing (1-1). Goals in that series were scored by Omar Allison and team captain Cameron Brooks.

The home opener ended with another draw, this time against Carleton (1-1). Omar Allison would score yet again.

The Voyageurs then notched

their first victory of the campaign at home against the UOIT Ridgebacks with a 2-1 sweep, where Cameron Brooks would score his second goal of the season and Liam Ezzard would get his first, both unassisted.

Following was a win against Trent, with a single goal by Matthew Wilkes in a 1-0 match.

The team hit a small misstep with a 2-1 loss to the Carleton Ravens, with Laurentian's only goal scored by Dean Pizolinas. In what would be a pivotal game for the team with real standings implications, the men would take a 1-0 win versus Nipissing.

However, that would be one of the last wins for LU with a following loss to Queens.

In their next match-up the men

would play their best game of the season with a dominant performance against RMC at home on the turf, with the goals scored by Joel Levac, Liam Ezzard with his second of the season and Dean Pizolinas also with his second.

Although the team did not advance to the playoffs, not all was lost: "players like Zach Gallo, Liam Ezzard, Luke Ewach, Chris Pike and Dean Pizolinas gained valuable experience during their first year that should bode well for the future," said Castrechino. Things would not end on a strong note this season, with losses to UOIT (4-0), Ryerson (2-1) and Toronto (5-0) and a draw against Trent (1-1).

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## Women's soccer team ends season



**Jessica Robinson,  
For The Lambda**

The Laurentian women's soccer team recently wrapped up their season, having made it through to the first round of playoffs.

The team traveled to Toronto to face U of T's Varsity Blues on Oct. 22 and lost 2-0, ending their run.

"[U of T] didn't really get any shots on net that caused us a lot of grief, but they ended up getting a corner kick goal and a

free kick goal, and in the end that was where things happened," commented Coach Rob Gallo on what cost the Voyageurs the playoff game. "We had some issues trying to deal with their midfield, we couldn't generate any offense, and we couldn't get any balls from the midfield into the forward positions to create problems for U of T."

The game of course had its high points; the team played a strong defensive game, as they have throughout the season.

"The back four of Megan Gallo, Allison Pilon, Madison Beaudry, and Heather Gilbert were outstanding [on Wednesday night] in preventing Toronto from any real penetration behind our back line," Coach praised. "They were excellent in all of their tackles, in winning possession of the ball, battling and just ensuring that Toronto didn't get a lot of chances." "The good news is that at times

we had six or seven first and second years playing in that game, so they gained valuable experience to carry with them the next couple years," he continued. "You can't buy that."

There are a handful of moments and players alike that stood out this year.

"I think last Saturday's game against Ryerson was probably our highlight of the year. We had a must win situation and the girls came through in a big way winning that game," Coach Gallo mused. "Allison Pilon is a rookie who stepped right into the center-back position, a tough position, and she's been phenomenal all year. Megan Gallo as well; this is her first year [playing for the Voyageurs], and she was probably our best player on the field against U of T [on Wednesday]." This year, the team's focal point was development, of which Coach Gallo reports there has

been leaps and bounds. As for next year's season, the team's goals consist of climbing towards a home playoff spot, saying "if you're home for playoffs, you can control how that day's going to happen," explains Coach Gallo. He listed the team's objectives in the upcoming year to be qualifying for playoffs again, and ranking higher in the standings to hopefully get a home playoff game, as well as lowering their own goals against by at least half while producing a lot more goals against those ranked higher up in their division.

Coach Gallo says he's looking forward to working with the team in the future. "Overall, we have a really good group of young women; especially that group of 16 first and second years. It'll be interesting to see how they develop over the next couple of years."

**jrobinson1@laurentian.ca**



# Misc / Horoscopes

**Aries:** Prepare to be changed. Deep personal transformation lies ahead for the Ram. This change will likely come at the spiritual level, where relationships and beliefs are formed deep and lasting. This shift may not be the bold slap-in-the-face you were expecting, but rather a seismic shift that will seem oddly natural. Years from now you will look at this time in your life as the seminal chapter of your young life.



**Taurus:** Normally, Taurus, you prefer to take on problems head-on, and by yourself. Like Han Solo, before he got all up-in-it with Leia. But with the sun in your seventh house, you may want to rely on partners, coworkers and roommates for their support, guidance and advice. Diplomacy, though often not your \*ahem\* strong point, will become paramount over the next few weeks. Even Han had to learn a little Wookiee.

**Gemini:** Things bode well for you, Gemini, should you be willing to make that change you've been contemplating. And therein lies your challenge. Health, friends, classes, all of those elements which have been giving you that heavy, dragging feeling and sapping your motivation are set to be shed off. Just make that first step, Gemini, and the rest will come easy.

**Cancer:** Feel free to take a

creative risk, Cancer. Now is the time that people will notice your colours. You will likely feel more spontaneous, more flirty, more charming and carefree in the coming weeks, and your karaoke will improve. Embrace that inner child, my crabby friend, so others can enjoy your creative verve.



**Leo:** Whatever you do, don't piss off Aunt Fiona at dinner next week.

**Virgo:** The calendar points to busy days of chatting, errands, and communications ahead. You are primed and ready for that presentation, interview, or sales pitch. Though others may be convinced you have your fingers in too many pies, so to speak, the truth is that your sun, fully alight in your second house, is revealing opportunities for many little adventures close to home. Avoid the grand chase, right now, however, as you would be best suited to concentrate on the little voyages ahead.



**Libra:** The best advice for Librans is this: work now, spend later. This

is a time when your attention is focussed on material goods, comforts, and wealth. In fact, you've probably made a wish list of the goodies. Fine and dandy, these things, and you've earned them, but you have to remember to Make the Money First. Don't do what I did, maxing out the Visa card thinking you'll earn it back later. You won't, and a six-foot tall guy named Tony DeLucci will bang on your front door every Thursday morning saying things like "Where's my money, dipshit?"

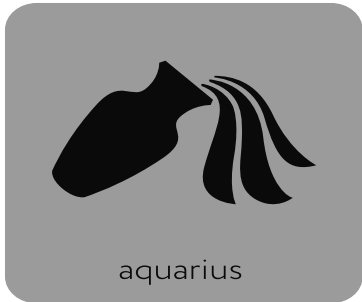
**Scorpio:** The sun has just emerged across your first house. The world is ready for your incredible burst of self-confidence. This is time when others see you for who you truly are. You may want to leave the team-building and co-operative work for now, as the next few weeks will be the time to take



the spotlight, for the universe is humming along with you.

**Sagittarius:** The natural cycle of things has come to its end. Friendships, lessons learned, adventures, occupations - they all reach a point where it is okay to allow them to end. Take this time to regenerate, Sagittarius, to allow the quiet to surround you, for it will be a fruitful time of introspection and self-examination. Best to let things go, for all things go through this cycle. Next month, Sagittarius, you'll shine.

**Capricorn:** This is the time for community, Cap. Relationships, family, teams, even children will naturally bond with your collaborative energy these next few weeks. You'll be the person that people want to listen to. And that person you've been eyeing in the Great Hall? They may even return your glance. Actually, that won't happen. But any ideas you plant now certainly will grow into great fruit in the coming weeks, so be fearless.



**Aquarius:** The sun is in your ninth house right now, which typically means you have a concern with reputation, earnings, grades, and status. It's not the easiest time of the year for you, as you'll expect to see results for all your hard work immediately. There's a few bumps in the road, too. Authority figures, teachers, and People of Eminence will unfortunately be more of a roadblock than a lifeline for the next few weeks. Tread lightly when you knock on that professor's door, Aquarius.

**Pisces:** Okay, okay. You can go on the trip. Sorry I made you wait so long. But listen, you've had a difficult time concentrating lately, haven't you? So maybe some time off is just what you need. You've earned it, and quite frankly, I respect your need for exploration and adventure. You also need a vacation more than any other sign this month. So go ahead, buy the ticket, take the ride. Just please, please, please

# Buying wine does not need to be scary

**Hugh Kruzel,  
For The Lambda**

Are you overwhelmed by choice? Do you tremble when confronted by a wall of wine? Does your hair rise when someone screams “Riesling”? Are you pained by Primitivo?

Well fear not, gentle reader. There is pattern, organization, and logic to selecting a bottle for self, friends, family or gifting on this celebration of souls and passing. And, yes, there are “Halloween” appropriate wines that boast of Bull’s Blood, devils, and skeletons. One can also be a bit more random and whimsical on Oct. 31 and eschew all conventions in a Rocky Horror inspired purchase of bizarre, bold and brash.

In a world of handheld devices I am sure you subscribe to “there’s an App for that” and know with some certainty that you can price compare, log purchases, and research reviews.

Building a list of “Go To” products can simplify life, but gosh, are you not adventurous? Did Trick or Treating not teach you as a teen to go to the wild side? And don’t we all know some ninny who blurts thinks like the following: “I only drink Veuve Clicquot”.

Come on Brad and Janet, take a chance!

It is so limiting in a world where selections are vast and there are thousands of sensory experiences.

You are not the undead yet, doomed forever to wander the aisles of the liquor store. Nor are you a wisp, waif, or werewolf pouncing on a quick purchase and retreating to your lair; choose with care.

Wine, like art and music, is a highly subjective topic: love it, like it, okay, mediocre, terrible, yuck! The spectrum is broad and the respect you hold for a close colleague can

drop like Enron stock if they show up with what you consider swill. Sometimes it is fun to bring cheap and cheerful, but value is not necessarily tied to price.

If your bottle is acceptable you can come out into the light. Your hosts will happily announce “They’re Here” if they grow to trust your ways and offerings.

If your theme is gruesome why not find a label with something ghastly and garish?

Go florescent and Think Pink; there are many Roses and unnatural Zinfandels that truly look like transmission fluid or plasma. Reach blindly for oddities lurking on bottom shelves and discover delight.

Play a game as you shop called “Who can find the truly Ugliest Label.”

Is there any wine from Transylvania or just Tasmania? This is a quest, and you are on the hunt for more than good juice.

Everyone loves a story.

South American Diablo Shiraz, Australian Fullglass Skulls, Okanagan Moon Curser; from growing grapes comes the mystery of wine.

Professing that there is life after death Ontario’s Grey County Coffin Ridge Boo-tique vineyards and winery cleverly murmurs of alchemy and shifting shadows. I just quiver when I read the word “ushered” don’t you?

I will turn in my grave if you forsake wine for Crystal Head Vodka but I do acknowledge the Svengali-like mesmerizing attraction of Dan Aykroyd’s creation.

One can always confront a Zombie at the bar if cocktails are your thing; do you willingly dance The Time Warp my friend?

And of course you can always go to Ron Bacardi for bats, or choose Lost Souls Chocolate Porter from Parallel 49 for something deep, dark, dense and delicious.

Pumpkin beers abound, however

since none of these are birthed from Dionysus I think we can discount them from this report.

Go forth, young vampires, and ghouls and drink the blood of Jove.

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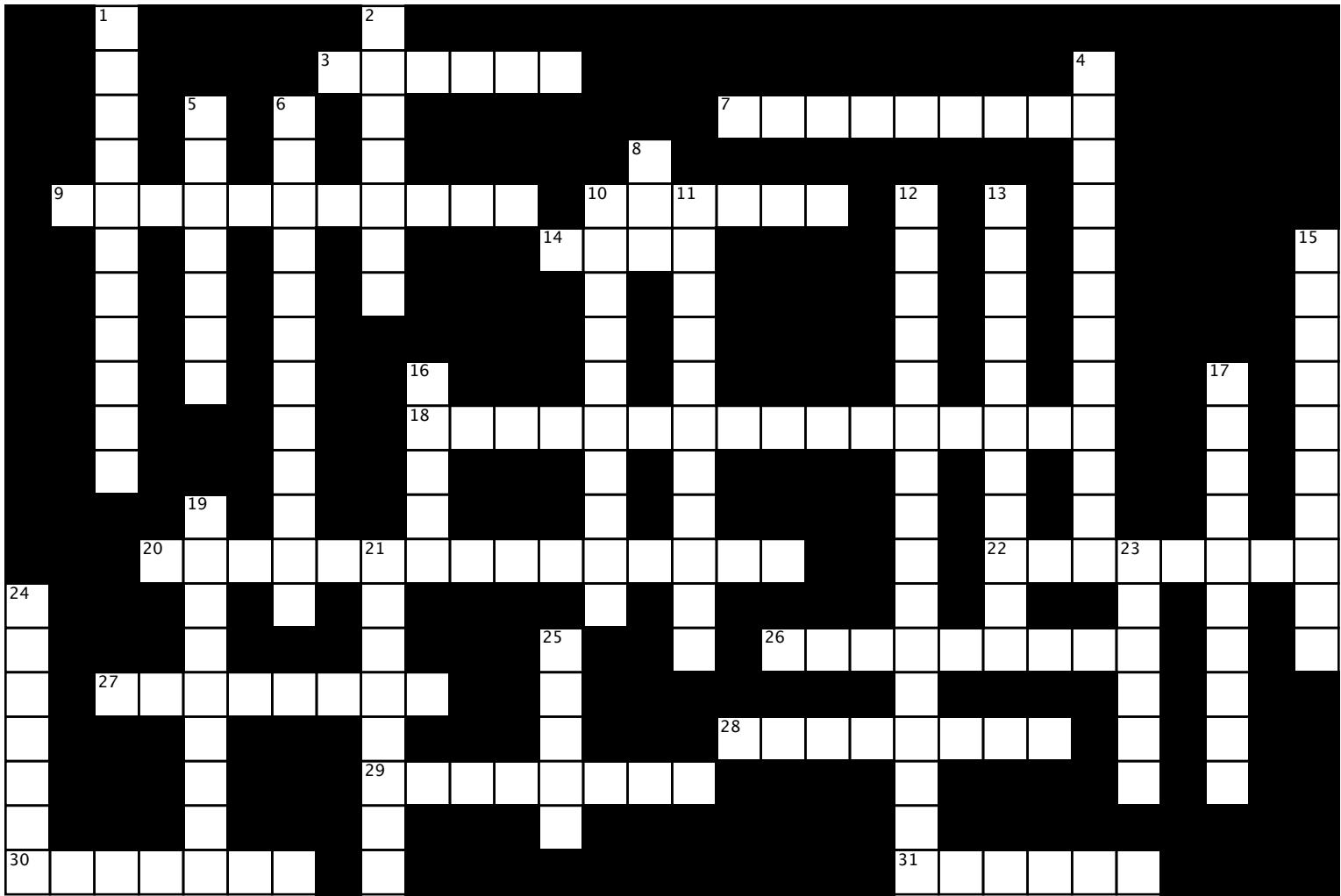
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Another Lambda Crossword

Answers found on  
thelambda.ca



Across

3. Call this guy Chancellor  
7. Come on, they scewed up again!  
9. Giants right fielder  
10. November. She's Coming.  
14. Get sushi here  
18. LU Prez's weapon  
20. The Big Show for LUPSA  
22. Monday's big event  
26. LU Golf Coach

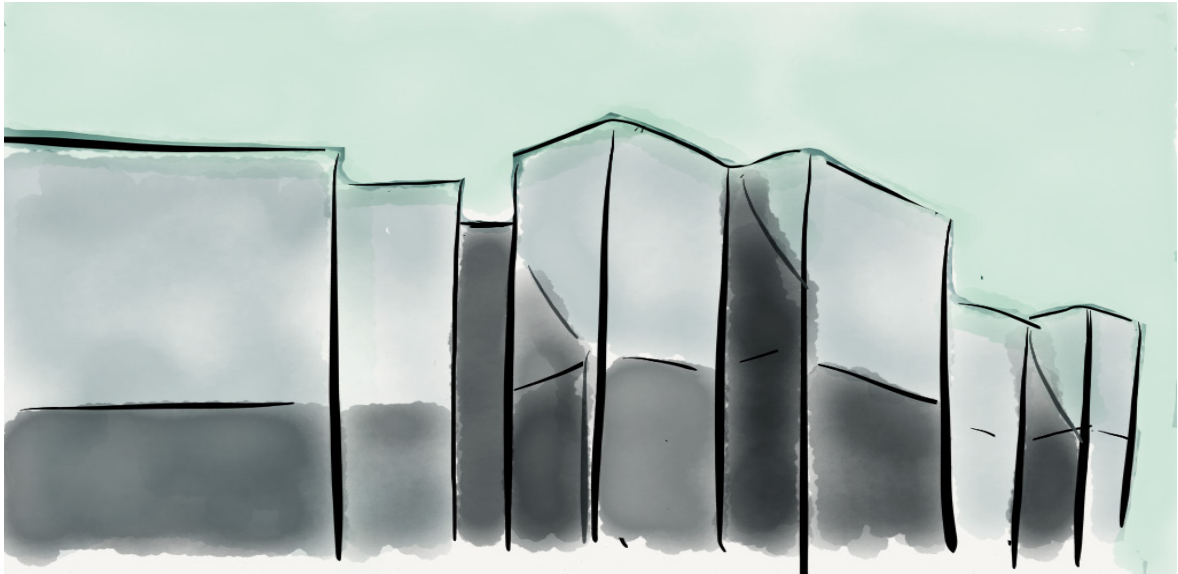
27. Venerable X Country Coach  
28. Great Hall App  
29. At LU, Engineers wear these  
30. Venerable Librarian  
31. Venerable Architecture Chief

Down

1. New Clash Clans for locals  
2. 19th century realist novelist  
4. Architectural design of LU  
5. Persinger's recent research

- subject  
6. Venerable Thornloe Chief  
8. Thornloe's Theatre Wonks  
10. Clutch Voyageur Soccer star  
11. Mystical colour-changing building  
12. Open this place, soon, Rob  
13. Larger than life Improv dude  
15. First board of LU Governors comprised of these  
16. Devil wears this, according to

- Kayla  
17. Sudbury's Peddler of Vinyl  
19. Chloe's fav font  
21. New Blackberry gadget  
23. Bring this to Voyaguer Cafe  
24. Law pertaining to muscle fatigue  
25. Immunology Prof



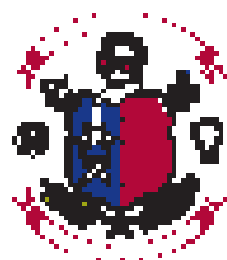
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If you have any questions, please do not hesitate to contact Armande D. Martin @ (705) 675-4814.

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